



YOUTH EXCHANGE

Your Choice, Your Future Bastogne (Belgium)



DATE: 11.06.2016 to 19.06.2016 (7 activity days) (11 is arrival, 19 morning is departure day).

VENUE: Bastogne, BELGIUM

GROUPS: 7 participants (of age 18-25) + 1 group leader (of any age)

WORKING LANGUAGE: English, but is not necessary a high communicative of English spoken level!

COUNTRIES

- Belgium
- Macedonia
- Poland
- Estonia
- Spain



5 countries, 7 participants plus one group leader each group => 40 participants

ACTIVITIES / PROGRAMME

The idea of the youth exchange is to bring together young people from our NGO participating in the exchanges abroad in various European countries and they will be asked to reflect on the drugs issue in Europe. We are facing a renewed increase of drugs consumption in many European countries. Young people often turn to drugs because of social, economic, educational, family or personal problems. Therefore, to tackle the drugs issue requires a complex approach. However, what is also important is the general attitude of the public towards drugs. In many countries, drug abuse has become somewhat acceptable among young people.

The objectives of the project are:

- To raise awareness of young people about the drugs issue, its roots, causes and effects



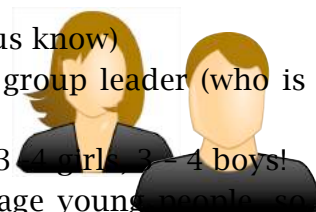
WIRELESS

asbl To enable young people from different European countries to share their experience and opinions about the problem

- To discuss important social topics such as legislation of soft drugs, decriminalisation of possession and consumption of drugs, influence of drugs on the mainstream culture or social media and drugs
- To give the participants an opportunity to create a small-scale campaign against drug abuse using their own creativity, art, social media and other tools of their choice
- To give young people from various countries an opportunity to get to know other cultures and promote understanding among various cultures
- To develop key competences of participants (e.g. social and intercultural competence, foreign language skills, entrepreneurship, digital competences, etc.

PROFILE OF PARTICIPANTS

- Age: 18 - 25 (if under 18 or between 25 and 30 let us know)
- 7 young participants from each country plus one group leader (who is not age limit)
Please, try to keep gender balance in your groups!! 3-4 girls, 3-4 boys!
- Erasmus+ is a program which supports disadvantage young people, so we would like to make this project open for these young people with fewer opportunities, so do not hesitate to including people with fewer opportunities into your group! The accommodation is adapted to special needs, so there is no problem with this. If you are thinking or you know there will be people with some handicap in your group, please tell us as soon as possible just to have it in mind! And we will prioritize this people for selection.
- English is our work language, but is not obligation. We will have some meetings and discussions so it will be recommended at least basic knowledge or translation into your groups. Don't be afraid of language! We will find the way to solve it!
- People who is interested in the topic.
- Young people who share the volunteering spirit.
- Young, motivated, nice, cheerful, smiling participants and good mood!!





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YOUTHPASS

Each participant will receive YouthPass, which:



- Certificate of non-formal education (you will take part on an educational activity)
- You can include it in your CV and use it for school, university, new job, etc.

In the beginning of the project we will divide participants into a small groups that later will work every evening in the reflection groups where they'll talk about the day, activities, what they have learned, etc. With all these notes, at the end of the Exchange will be a workshop where the participants will work in their own YouthPass.

YouthPass will be reached at the end of exchange.

MONEY



- Wireless covers simple accommodation, food, travel costs and program activities.
- **IMPORTANT:** We reimburse the transport money **ONLY** if the participant will **ACTIVELY** take part during the whole project.
- You have to keep all the bills, boarding passes and every type of ticket transport with you, so that we were able to reimburse you the costs.
- There is a **Participation Fee of 30€**. This fee is obligatory to participate in the exchange.

TRANSPORT

- You must choose **the cheapest travel possibility** to Belgium.
- The Charleroi airport is the best possibility but Hahn can be an option.
- PLEASE **contact us BEFORE buy your tickets**. Look for the best options and send it to us. When you receive it, you will be able to buy the tickets.
- As soon as possible after buy your tickets; **send us all you travel information** in order to give you more information about how to get to Bastogne in the easiest ways due to your flight.
- Finally, we will need all the information about your arrival and departure details in the moment you finish to buy all the transport tickets.
- We will keep the original transport tickets for your go travel and copies of your return tickets, but you **MUST** send the originals ones as soon as possible when you arrive home to this address:





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Max travel cost per participant 170 euro

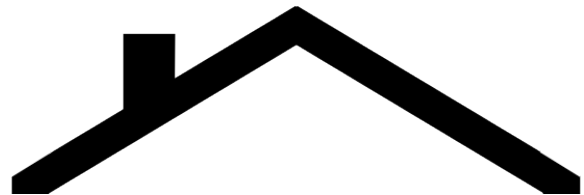


FOOD

- We will have a cook with us who provide us **breakfast, lunch and dinner**. But the help in the kitchen and with the dishes is very much welcome from the participants.
- If you have some **special needs** for food (vegetarian, celiac, some allergies, etc.), please, **inform us** about it beforehand. We can provide you just “with/without meat” vegetarian food, if you have some **very complicated diet**, or as a vegetarian you would like to have some special ingredients, we would appreciate if you could **take the food that you need with you**.

ACCOMODATION

- Nice place near Bastogne.
- There is **Internet wi-fi connexion**.
- Bathroom and showers.
- Big kitchen.
- Meal will be at activities room and we should take care about the kitchen furniture.





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RULES

- **No alcohol policy:** This is an International and educational Project granted from European fund. Participant should be aware they are not on holidays. It's a special task for group leaders: please, talk about it with your groups. Alcohol is forbidden during the project, except in Intercultural dinner where we only need to taste it, so it is not necessary bring a lot with you and only if there is some specific alcohol beverage very typical from your country or culture. Please, make sure that participants are not bringing any other alcohol with them. Problems with alcohol can lead to sending the participant home and not reimburse money. Thanks in advance for your co-operation.
- No drugs.
- Be on time (especially important for complete the program).
- Respect each other.
- Cleaning.
- Participate and active people!
- We will talk about the rules directly at the place.



YOU WILL NEED...

- **Sleeping bag** (there is not any sheet or blanket there).
- Towels and personal things.
- Sport clothes





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- Typical food for intercultural evening. For every group bring for 8 people
 - Poster, leaflets, card, videos, typical music... from your country, region, city.
 - Info, presentation, material, stickers... from your organization.
 - Camera, laptop and other equipment making life and work easier.
 - Ideas, games, ice breakings, dances and folk for your cultural evening.
 - Good mood and energy to be active!

EXTRA INFO FOR GROUP LEADERS:

Now, we should ask you extremely for your attention, because this is a **very important** part of this project. These are the things that group leaders must take in account and prepare before you're arriving for the success of our exchange:



- **Homework:**
 - Presentation, posters, pictures... about your country and your organization.
 - Information and resources
 - Workshops.
 - Creativity ideas, examples, videos...
 - Be in contact with us!



- **Things to do with your nationals team:**
 - Select the participants as soon as possible and send us a list of them.
 - Please organize some meeting with your group in order to give them all this info.
 - Take some minutes to explain carefully the details about our non-alcoholic polity and about the things they need to bring (sport clothes, sleeping bags...)



- **At exchange:**
 - We will establish a diary time for take a meeting with group leaders with the purpose to pay attention of you and your groups needs, to check the participants mood, to speak about the exchange develop and to try to do our best for the success of our exchange!
 - It is important to have active participants and this starts with the group leaders' activation. So, your actively co-operation will be more than welcome!



- **While you wait for the exchange:**
 - The previous contact is really important for us, so please, keep on attention for all the news we will send to you!
 - Later we will put in contact with you to continue developing our exchange and we will ask again for you active co-operation to manage the groups and the allocation of tasks and work groups within your national team.

Thank you so much to join us and be part of this Exchange!

FOR MORE INFORMATION CONTACT:

- Goran Dajovski
 - Mail: goran.dajovski@gmail.com
 - Tel: 00352 621 517 240
- Michel Ledoux
 - Mail:
 - Tel: 0032 496253837

see you soon! :)